

Steelers Practice

Oct 21, 2008

5:45 - Opening Prayer

5:46 - Warm up - Sprints

All line up at the half-field mark, then on my whistle sprint to the endzone. Then, they line up and return. Then, the fastest 4 become group A, and the rest become group B. Group A lines up, and sprints to the endzone again. Then the fastest 2 race back. Then Group B lines up, and sprints to the endzone. Then the fastest 2 line up and sprint back. The fastest two in both groups are congratulated.

5:51 - Formations

Review all formations, and introduce “I” formation. Practice lining up Bunch and L to right and left. Then practice starting in 1 formation, then motioning to another.

6:01 - Pitch out drill

Two groups. Have players get into a formation, then practice running pitchout plays. Make sure QBs pitch to all different players in turn, then do a handoff and pitch back to QB.

6:11 - Tackling drill - Open space drill

One line of 5 runners, 2 Defensive Linemen and 1 Safety. Each RB in line tries to get by the defensive players to get to the end zone. After each runner runs, they replace the Safety and the existing Safety replaces the left Defensive Lineman. The left DL replaces the right DL, and the right DL gets in back of the line. After all runners have gone, do it again. And maybe a third time depending on how tackling is going. Add extra defenders for fun.

6:21 - Huddle Up - Tell kids to grab a drink and huddle on the field

6. Schools & Teachers

Question: Why should fish be very smart creatures?

Answer: They spend so much time in schools!

Some of your schools may not allow you to pray while in class. But that doesn't mean shouldn't be praying for your school and teachers. Let's make a list of some specific people you can pray for in your school. See the list below for some ideas:

- Janitors
- Teachers

- Principals
- Librarians
- Bullies
- Christian Teachers
- Bus Drivers
- Substitute Teachers
- Secretaries
- School Boards
- Volunteers
- Cafeteria Workers

You spend a lot of time in school. Schools all over the world would be different if people spent as much time praying for schools as kids spent in them. Be a student of prayer! Learn to trust in God, who answers prayers!

**“He answered their prayers, because they trusted in him.”
1 Chronicles 5:20**

6:24 - Scrimmage

Practice Offense and Defense. Be mindful of no-passing zones. Use Half-field. Teams get 4 downs to punch it in. Rotate players by position except for QBs.

If you have time, run a hook-and-lateral drill.

6:44 - Closing Prayer

6:45 - All done!

Huddle-up, and do a “Here we go Steelers, here we go!” chant to close out practice.